

M Y L A 2 0 1 4

Michigan Youth Lacrosse Association  
2014 Boys and Girls Lacrosse Information Sheet



Michigan Youth Lacrosse  
Association (MYLA) partners  
with US Lacrosse-Michigan



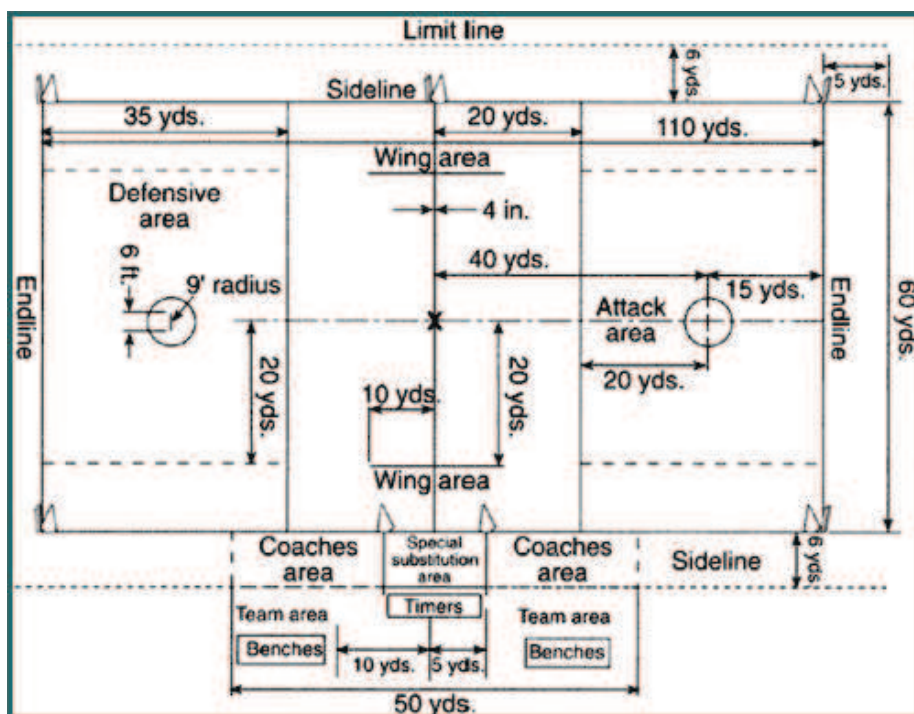
## 2014 Boys Game-Day Information Sheet

Unless modified as defined below, MYLA fields shall be 110 x 53 ½ yards. The following alterations to field dimensions are designed to promote safety, player participation, and player development.

**1. U9** – 8v8 games should be played on 80x40 yard fields. When fields cannot be lined, coaches should use cones to designate the field.

**2. U11** – 11 teams shall play 10v10 on a regulation-sized field so long as the teams have a sufficient number of players to allow participants to do so safely and with sufficient substitutions. Teams may play either 10v10 or 8v8 on the reduced (80x40) field if both coaches agree.

**3. U13/U15** – U13 and U15 shall play on NFHS regulation fields.



### Pre-Game Procedure

**1. Home Team Coach** needs to make sure the field is in good condition and safe for play. All obstacles in the field of play need to be shown to the opposing coach and officials.

**2. Home Team Coach** needs to put cones on field and put extra balls on the end-line. Cones should be placed in the locations indicated on the field-map (left).

**3. ALL COACHES** should introduce themselves to each other and the officials.

**4. ALL COACHES** should remind the officials of the Age Bracket playing as well as the MYLA Rule Modifications.

**5. COACHES** should confer regarding Rule Modifications and determine the game format. NOTE: Our goal is to maximize playing time for ALL PLAYERS.

**6. The Officials** should start each game with a full-team line up at midfield. The rules of the game should be explained after which the goalies can cross and shake hands.

**7. PARENTS** should sit on the opposite side of field from teams.



### Post-Game Procedure

**1. ALL COACHES** should encourage their teams to congratulate their goalie.


**2. ALL COACHES** should thank the officials and encourage their players to do the same.

**3. ALL COACHES** should have their teams line up and congratulate and shake-hands with the opposing team.

**4. AFTER** the congratulatory lineup, **ALL COACHES** should confer with the officials on the final score.

**BE MODEST IN VICTORY AND GRACIOUS IN DEFEAT.**

## 2014 Coaches' Game-Day Information Sheet



# HEADS\*UP

## CONCUSSION IN LACROSSE

### SIGNS AND SYMPTOMS

Athletes who experience any of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

### ACTION PLAN

If you suspect that an athlete has a concussion, you should take the following four steps:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the CDC/US Lacrosse fact sheet for parents on concussion.
4. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it's OK to return to play.

Signs Observed by Coaching Staff	Symptoms Reported by Athlete
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Does not "feel right" or is "feeling down"

### IMPORTANT PHONE NUMBERS

#### Emergency Medical Services:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

#### Health Care Professional:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

#### League/School Staff Available During Practices:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

#### League/School Staff Available During Games:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

For more information and safety resources, including a fact sheet for parents and athletes, visit:  
[www.cdc.gov/Concussion](http://www.cdc.gov/Concussion) and [www.uslacrosse.org/safety](http://www.uslacrosse.org/safety)

CENTERS FOR DISEASE  
CONTROL AND PREVENTION



### Violent Collisions

Some body contact is permitted at all levels of boys' youth lacrosse, with progressively more age-appropriate contact permitted as players become more physically mature and learn proper checking techniques. However, sports-medicine research indicates that the severity of certain injuries may be reduced if a player can anticipate and prepare himself for an oncoming hit and other sports medicine research indicates that peripheral vision may not be fully developed in many boys before approximately age fifteen. Therefore, there is no justification for deliberate and excessively violent collision by any player at any youth level, especially intentional player-to-player collisions with defenseless players (so-called "blindsides" and "buddy-pass" checks), checks involving the head and/or neck, and excessive body-checks ("take-out checks").

The 2014 NFHS Rules and US Lacrosse Boys Youth Rules more clearly define such violent collisions and in many cases increase the severity of the penalties that prohibit them. US Lacrosse urges officials to apply these rules and utilize the more severe penalty options, and reminds them that body checks that might be acceptable in high school play may be excessive in youth lacrosse, and should be penalized accordingly. Coaches are encouraged to coach players to avoid delivering such checks, and to support the officials when they call such penalties. All participants must work together to reduce or eliminate such violent collision from the game.



## Age Based Divisions

MYLA follows US Lacrosse established eligibility guidelines in order to promote the game of lacrosse among the youth of Michigan in a safe and sportsmanlike environment. To best achieve this goal, MYLA believes that leagues, associations, and other organizers of youth lacrosse should seek to provide playing opportunities that, as much as possible, establish a "level playing field" among players of similar age, size, and ability.

Programs that are currently using grade-based systems are encouraged to make every attempt to use an age-based classification. If this is not possible, teams are encouraged to schedule games with teams at a similar age level. In 2015, all MYLA member programs will be required to use age-based divisions.

**League and Association Play.** Leagues and team should organize competition by age, and consider physical, cognitive, and emotional maturity when grouping players. For leagues or associations in which some local programs choose to organize their teams by grade, those teams should play in the age division determined by the oldest player on their roster.

Teams organized by single birth year or single grade are suggested, but if a league needs to group two years/grades together, it should strive to limit the maximum age difference between players in a youth game to no more than twenty-four (24) months.

Students who are enrolled in high school may not participate at the U15 age level, even if they are age-eligible.

The following age groupings are determined as of the August 31st preceding competition:

**NOTE:** Age group references used in this section are in common usage but should not be understood literally. The U15 (read: "Under 15") grouping means that, if a player is 14 years old on the cutoff date, he/she may participate in U15 competition as a 15-year old.

### U15:

All players must be 14 years old or younger on the August 31st preceding competition. It is recommended that when multiple teams exist within a program, the program should consider physical size, skill, and maturity when organizing teams.

### U13:

All players must be 12 years old or younger on the August 31st preceding competition. It is recommended that when multiple teams exist within a program, the program should consider physical size, skill, and maturity when organizing teams.

### U11:

All players must be 10 years old or younger on the August 31st preceding competition. It is recommended that when multiple teams exist within a program, the program should consider physical size, skill, and maturity when organizing teams.

Age Bracket	Criteria
U9	Born on or after 9/1/2004
U11	Born on or after 9/1/2002
U13	Born on or after 9/1/2000
U15	Born on or after 9/1/1998

### U9:

All players must be 8 years old or younger on the August 31st preceding competition. It is recommended that when multiple teams exist within a program, teams should consider physical size, skill, and maturity.

**NOTE:** Age group references used in this section are in common usage but should not be understood literally. The U15 (read: "Under 15") grouping means that, if a player is 14 years old on the cutoff date, he may participate in U15 competition as a 15-year old.

## Special Consideration

It is recommended that players play within the age group for which they belong. Although it is not recommended that any athlete play below or above his or her age group, MYLA recognizes the need for special consideration due to the physical and/or cognitive development of an athlete. If a team has an athlete that requires special consideration, they should contact MYLA.



# 2014 MYLA Code of Conduct

## Players

1. Respect your teammates, coaches, officials and opponents at all times.
2. Give 100% effort at each practice and game.
3. Know the rules of the game of lacrosse and abide by them.
4. Support and encourage your teammates. Set a positive example.
5. Wear the required equipment at all games and practices, and keep your equipment well maintained.
6. Display good sportsmanship at all times on and off the field.
7. Don't be afraid to make a mistake; that's part of learning.
8. Learn from your coaches; practice hard; play smart; Have Fun!
9. Be modest in victory and gracious in defeat

## Coaches

1. A coach is a role model, who must act with the highest moral character possible.
2. Coaches must reinforce the self-image of each player. A coach must be positive and constructive.
3. Respect the game of lacrosse. Respect the officials.
4. Know & teach the rules of lacrosse. Abide by those rules in practices and games.
5. Establish objectives for the team and players and inform them of team and individual goals.
6. Teach and practice good sportsmanship at all games and practices.
7. Be modest in victory and gracious in defeat.



## Parents

1. Teach and practice good sportsmanship at all games and practices. You are role models!
2. Know the rules of the game of lacrosse.
3. Respect the game of lacrosse. Respect the officials. Respect the coaches.
4. Do not coach your child. Let players play and coaches coach, and support both positively.
5. Do not EVER criticize other players irrespective of the circumstances.
6. The officials are only to be approached and spoken to by the head coaches of each team. Please respect the coaches and officials by allowing them to handle all game circumstances.
7. Follow the "24 Hour Rule"; if you have a complaint resulting from a game (or practice) situation, speak with the coach or appropriate organization member on the following day.
8. If there is a serious problem, notify either the head of your respective youth program or the President of the MYLA.
9. Emphasize the FUN of the game and the team, putting forth 100% effort at all times, not wins and losses.

## All

1. Any conduct, including abusive language and/or gestures, racially insensitive remarks, damage to property or belongings, or any other conduct that reflects poorly on yourself or the MYLA is unacceptable and will not be tolerated. This rule applies to all players, parents, siblings and guests at all times when in or around any MYLA Lacrosse games, practices, and/or functions.
2. During a tournament or game when you are away, you represent your team, your community, and the game of lacrosse. Any conduct unbecoming or any other conduct that reflects poorly on yourself or the MYLA will not be tolerated. This rule applies for the entire time one is away for a game or tournament.
3. The Board of Directors of the MYLA will address unacceptable conduct at its sole discretion, imposing warnings, suspension or expulsion, as the Board deems appropriate.

## Officials Organizations and Assignors

### Referee Organizations

**MichLOA** (SE MI)– Brian Effinger – (734) – 464-4931 - [baeffinger@sbcglobal.net](mailto:baeffinger@sbcglobal.net)

**CAOA** (LANSING)– Kevin Garnett – (517)-505-1432 - [garnettkt@gmail.com](mailto:garnettkt@gmail.com)

**Grand Rapids/West Michigan** – John Mowat – (616)-901-9362 – [jjmowat@msn.com](mailto:jjmowat@msn.com)

- Anne Drummond - [drummond1220@gmail.com](mailto:drummond1220@gmail.com)

### Assignors

#### Girls

#### MichLOA / SE MI

#### Mid-Michigan

#### West Michigan

-Kim Hagan- <a href="mailto:vb10mi@aol.com">vb10mi@aol.com</a>	-Frank Franklin- <a href="mailto:frank.j.franklin1974@gmail.com">frank.j.franklin1974@gmail.com</a>	-Jessie Reed- <a href="mailto:Jessielax77@gmail.com">Jessielax77@gmail.com</a> (517) 420-8555	-Rob Atkinson- <a href="mailto:wmichlax@gmail.com">wmichlax@gmail.com</a> 616-889-6407
-Pat Hayes- <a href="mailto:patmhayes@live.com">patmhayes@live.com</a>	-Rick Jackson- <a href="mailto:refereerick@gmail.com">refereerick@gmail.com</a> 313-565-7449		

### NOCSAE Ball Mandate

As of January 1, 2014, all lacrosse balls used for play MUST meet NOCSAE standards and include the words "Meets NOCSAE Standard".

NOCSAE, the National Operating Committee on Standards for Athletic Equipment, commissions research in sports medicine & science and establishes standards for athletic equipment.

All three governing bodies for lacrosse in the United States – US Lacrosse, the NCAA and the NFHS - have agreed to mandate that only balls marked as "Meets NOCSAE Standard" will be allowed for use in games. MYLA fully supports this mandate.

Additionally, the process of visually identifying these NOCSAE balls will become much easier. Beginning in January 2014, the only balls deemed legal for play will be those that state "Meets NOCSAE Standard" in type size that will be simple for consumers and game officials to read.

Men's and women's game officials are being reminded that only balls with the NOCSAE wording will be allowed for play.

**Balls that do not have the NOCSAE Standard approval printed on them cannot be used in gameplay. If no NOCSAE approved balls are available, the game cannot be played!**

## 2014 MYLA Boys Rules

The MYLA follows the US Lacrosse ([www.uslacrosse.org](http://www.uslacrosse.org)) rules as defined by **The National Federation of State High School Associations (NFHS) 2014 Boys Lacrosse Rules Book**. Additionally, MYLA has several localized amendments and/or clarifications as defined below in order to provide consistent game management and standards of play. The rules listed below are a combination of USL rules and MYLA amendments.

- 1. Time** – U9: (4) 12-minute running time quarters. U11: (4) 8 minute stop time quarters. U13/U15: (4) 10 minute stop time.
- 2. Penalties** – U9: The offending player is subbed off for the duration of the penalty with no “man-down” situation. U11, U13, and U15 serve penalties.
- 3. Substitutions** – U9: Substitutions on any OOB. U11/U13/U15: Sideline horns will be used.
- 4. Face-Offs** - For regular season games at the U9 and U11 levels, if a team has a 6-goal lead, in lieu of a faceoff, the trailing team will be given the ball at midfield. This will continue until the goal differential is fewer than 6.
- 5. Hits to the Head** – In order to promote player safety, US Lacrosse has increased the penalty for a hit to the head (with a stick or a body). Any hit to the head will result in a 2-3 minute non-releasable penalty. Severe instances may result in ejection.
- 6. Stick Length** – U9: All sticks will be between 37 and 42 inches. U11/U13/U15: Shorts sticks are to be between 37-42 inches. Up to four long sticks are allowed on the field at one time and must be between 47-54 inches in length. US Lacrosse and MYLA recommend that a long crosse should not be taller than the player at any youth level.
- 7. Coaches on Field** – At the U9 level one coach from each team is allowed to be on the field to help assist with player learning and development. At U9/U11 levels, coaches should be allowed to work the length of the sidelines, as long as they do not interfere with the bench of the opposing team.
- 8. Goalies** – Goalies are required to wear arm pads. They may also use shin/thigh pads so long as the save area is not significantly increased.
- 9. One Handed Checks (All Levels)** – One-handed checks are considered a slash, whether or not it contacts the opposing player.
- 10. Body Checking** – Lacrosse is a physical game and MYLA understands there will be body contact. At the U9 and U11 levels, NO body checks are allowed. However, a player may box out to gain position. Body contact will be tolerated at the U13 to U15, but NO TAKE OUT CHECKS are allowed at any level.
  - **3-Yard Rule** - In the past, contact with an opposing player was permitted within 5 yards of a loose ball. In order to promote player safety, US Lacrosse has changed this rule to 3 yards.
- 11. Advancement** • U15 and U13 – The team with the ball has 20 seconds to get the ball over the midline, and then 10 seconds to advance the ball into the opposing box. Advancement does not apply at the U9 and U11 levels.



**12. Overtime – 4 minute “Sudden Victory”** will be the format for MYLA games that end in a regulation tie. This is NOT a braveheart, but a full-team overtime period. If a goal is not scored in the 4-minute time frame the game will end in a tie.

**13. Stalling** – U13/U15: In the final two minutes of the game, or at the official’s discretion (stall warning), the team with the lead that has the ball must “get it in and keep it in” the opposing team’s box within the advancement rules. This does not apply at the U9/U11 levels.

## Sideline Manager Program

MYLA supports the US Lacrosse initiative to have a Sideline Manager at every home game. The coach should select a Sideline Manager to assist with maintaining a positive and sportsmanlike environment around the playing field, including both sidelines.

- The officials will handle on-field sportsmanship issues. The coach should introduce the Sideline Manager to his/her team which consists of the manager, the opposing team's sideline manager, the officials, the coaches and everyone "Honoring the Game".
- The Sideline Manager should partner with the other Sideline Manager and feel free to discuss issues with him/her. Please also feel free to discuss concerns with the coaches and officials.
- The Sideline Manager may stop the game to speak with officials by asking the timer/scorer to sound the horn at a dead ball/on a whistle.
- Behavior that does not "Honor the Game" includes:
  - Entering the field of play, bench or table area.
  - Throwing objects onto the field.
  - Continued berating of officials or others involved with the game.
  - Verbal threats of bodily harm, injury or death.
  - The use of obscene or highly abusive language.
  - Fighting

## About MYLA

### What is MYLA?

MYLA stands for "Michigan Youth Lacrosse Association." MYLA is an independently governed subsidiary of the US Lacrosse - Michigan Chapter with a mission to grow, protect, and foster youth lacrosse



### Involvement

Are you passionate about growing the youth lacrosse in Michigan, for both boys and girls? Whether you are a parent, former player, coach, referee, or have a team or league you would like to register *let us know!* Contact MYLA President Mark Greaney at [greaney.myla@gmail.com](mailto:greaney.myla@gmail.com) to get started!

### Mission

The mission of the Michigan Youth Lacrosse Association is to improve the lacrosse experience for all players, parents, officials, coaches, and administrators.





# THANK YOU!

A note from our President:

"On behalf of MYLA, I would like to give a special thanks to all of those individuals who contributed time and effort toward the revival of this organization. Our organization and our sport would not be in a position to grow and thrive without your efforts. I would also like to thank the players, parents, referees, coaches, and contributors who are dedicated to growing the sport of lacrosse in Michigan for their passion, as that is the fuel that grows our game. Lastly, I would like to thank Jim Vaselopulos and the Northwest Chicago Youth Lacrosse Federation for their contributions to the layout of this information packet. Lacrosse is the world's greatest sport, and it brings together some of the world's best people. I am humbled to play, coach, share, and honor the game with some truly incredible people. Thank you.

-Mark Greaney

MYLA President

Greaney.MYLA@gmail.com



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